

# STRONGFORT'S MONTHLY

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No. 5

DEVOTED TO PHYSICAL AND HEALTH CULTURE

Founded by  
Lionel Strongfort

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Strongfort's Monthly was founded to teach the people the Truth about their Minds and Bodies; to protect their Physical and Mental Welfare; to spread broadcast the Health and Strength-building Principles of Scientific Muscular Activity, Hygiene and Sensible Living; to flash the Light of Knowledge in the Dark Places of Ignorance; to oppose Prudery, Deceit, Hypocrisy and Oppression; to state the Truth without reservation, to safeguard the Public and bring Physical Culture and Drugless Methods to an ethical standard, so that this Profession may enjoy the Public's full confidence.

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## A SERMON THAT WAS NEVER PREACHED

"THE TEMPLE OF YOUR SOUL"

Do You Deserve a Perfect Body?

By Lionel Strongfort

*"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."*

*—Book of Romans, Chapter xii, 1, 2.*

**H**OW often do you think of your body? Have you ever thought seriously of this perfect gift of an all-wise Providence? What a wonderful vessel it is intended to be! What perfect balance-control-symmetry! Think of the marvels of the Brain, of the wonders of your circulation, digestion—the intricate nervous system—and the thousand and one perfections of the human body. Your body is truly "The Temple of Your Soul."

God, in the guise of Nature, planned you as a perfect being. You received every boon and gift necessary to overcome every obstacle, compete successfully with every condition and rise above your environment.

What have you done to deserve this priceless gift? What steps have you taken to ward off the destructive influences which are at work twenty-four hours each day to drag you down physically and mentally and to destroy your mind, as well as your body?

The majority look upon the body as a sort of everlasting machine that should continue its arduous task, year in, year out, without weakening or complaining. You deprive it of rest; you injure it through anger and excessive emotion; you starve or over-feed it; you live with little thought for your body and you bemoan your fate when, through long years of abuse and neglect, it breaks down and becomes an easy victim to the long chain of ills to which it is heir under such conditions.

Don't blame your environment, the climate, your work or anything else; you alone are to blame. You knew instinctively that you were abusing your body and undermining its strength by living in direct contradiction to Natural Law. Now that your body no longer serves you, don't whimper and whine and seek excuse for your failure with yourself. Apologies don't go; everybody knows that you alone are responsible and you know that only through your efforts can you square up your debt to Nature and return your body to that state of Health and Vigor that Nature intended for it.

In your younger days, you were at your best physically. If you are now in adult life, you can look far back over the long years and recount the number of times that you failed to give your body half a square deal. Think of the late hours, lack of exercise, hastily snatched and gulped meals, of the nerve-racking days when you wouldn't find time to eat naturally, bathe correctly, or get more than a few hours of troubled sleep.

Mother Nature is a good friend but a terribly hard mistress. If you break her laws, you must pay in full with interest compounded every time you have an attack of sickness; but you need not go on paying all of your lifetime, you can get squared up with Nature and get a new start on the Road to Health, Strength and Vital Well Being. Do not think that this can be accomplished in a miraculous manner. Nothing in this world that is worth while is ever acquired, except through faithful and persistent endeavor. But the priceless reward of Health and Strength is well worth any sacrifice that you may make; this will appear as convincingly true to those who have suffered the pain and misery of diseased and unnatural conditions brought about by inattention to the fundamental Laws of Nature.

Unfortunately, the errors of a lifetime are sometimes not fully apparent until middle life, when a sudden decline in Health and possibly the appearance of some unnatural condition or disease, alarms the victim who is prone to wonder why he or she is selected for suffering. If one could know in the beginning? If some one had sounded a warning? These were the complaining questions uttered in past years; but nowadays, they need no answer. The Law has provided that all men and women, boys and girls, shall at least read, write and understand. Therefore, there is no excuse for any person, anywhere of any age or class, profession or vocation to continue to be sick and afflict his suffering body with unnatural conditions. The Gospel of Health and Natural Living has been spread broadcast; it may be found in every newspaper, every magazine and no one has a good excuse for not knowing how to live according to Natural Law and thus assist Nature in maintaining his or her body in perfect health and ease.

The skeptical who think that the spirit is not besmirched by an ill-used body, need only to refer to their Bible for ample proof. Paul, the Disciple, in his teachings of the Romans, reminded them in Romans, twelfth chapter, verses one and two, that they should preserve their bodies so that they could properly minister and be acceptable unto God.

"I BESEECH you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is good and acceptable, and perfect will of God."



Paul meant to convey to his audiences that all service or offering is based on sacrifice. The mother offers up her life so that her child may live and minister unto God's command when He said: "Increase ye and multiply upon the face of the earth." So we are taught that we must preserve and protect the body and maintain it in cleanliness and perfection in order to do what we are commanded to do for Christianity. If we live a life opposed to Nature, which is God, and besmirch and weaken that vessel of the spirit, how can we be acceptable to God? How can we explain our misuse of that miraculously constructed Temple of the Soul which was provided to carry out His works?

The body is something more than a mere instrument of convenience—it is a sacred responsibility. This reminds us of the man whose neglected education caused him to blunder into a striking truth. He remarked that he must get "repaired" for Heaven. Of course, he should have said "prepared" for Heaven; but through his error, he brought out a truth about the misuse of the body. If we live according to Natural Law which we know to be God's Law, it will not be necessary for us to get repairs made at the last moment. Remember, that perfect contour, radiant skin and the results of so-called beauty culture, do not really make a beautiful body. In the truest sense, a beautiful body is a clean, healthy, wholesome body, the body you can possess, if you follow the Strongfort Principles of sensible living.

Nature, our dear old nurse, will work overtime to prevent sickness, but when we decline physically and mentally in spite of her teachings, our easy-going friend becomes a hard task-mistress. She does not desert the sinking ship, but she does stand by and tells us what we must do in order to get back in her good graces. There are no luxurious cushioned seats on the road back to Health and natural conditions. One cannot buy a ticket with mere money; he must deserve his way back by faithful and persistent effort to live in accordance with Natural Law. If you are "Black Sheep" physically, you can get back to the fold if you are willing to walk, and if the way is hard, dark and lonesome you have only yourself to blame.

But do not be discouraged if you have wandered from the road of righteous and natural living. You have paid much and you will continue to suffer until you get back where you belong and join hands again with Mother Nature. You need counsel and assistance to do this; you need a friend to set the wayward feet back on the true trail; you need a big brother to lead you by the hand and build up your courage and self-confidence.

If you have injured your body, STRONGFORTISM will repair the injury, eliminate the unnatural condition and build you up externally and internally, so that you may regain that perfect body which God intended should be the fitting—Temple of your Soul.

## FRIENDLY COUNSEL

*Editor's Note.—Mr. Strongfort will answer each month questions of general interest relating to the promotion and maintenance of Health, Strength, Vigor and Sex Life, insofar as space on this page will permit. However, it should be borne in mind that when you become a Strongfort Pupil, you will receive complete information on every subject concerning your Health, Strength and General Welfare. This makes correspondence prior to your enrolling in Strongfortism practically unnecessary. But if you wish Mr. Strongfort's complete confidential opinion of your condition before you become a Strongfort Pupil, you should remit \$3, to secure preferred personal attention and a complete study of your case, in a personal confidential letter. This deposit is asked simply as an evidence of good faith and the sincerity of your desire to enroll as soon as you understand Strongfortism and its power to help you. When you enroll for the Course, this amount can be deducted from the tuition fee.*

J. B. R., Milwaukee, Wisconsin.

**Answer**—Pay no attention to those nonsensical novelties and foolish opinions that oppose Natural Law and common sense. Everyone who knows anything about human anatomy, recognizes the fact as established by scientific research, that high blood pressure is due to internal stagnation and general internal as well as external muscular deficiency. It is only through the application of scientific muscular activity and adherence to Natural Law that this condition can be overcome. Do not allow yourself to be misled by "free offers and airy promises."

H. H. C., Chandler, Ind.

**Answer**—You don't have to continue being ridiculed because of your thinness. Nature never intended you to be a skinny weakling and you would not be if you had not neglected your body and violated Nature's Laws. Strongfortism will correct the functions of your Stomach, Liver, Bowels and other vital organs, purify and enrich your blood, restore your nerves and put some real meat on your bones. Stop feeling sorry for yourself, forget about those who hurt your feelings and show them that you can build up a beautiful, symmetrical, strong, healthy body. The Strongfort Methods will show you how.

H. G. E., San Francisco, California.


**Answer**—I can outline a Combination Course in Strongfortism for you and your wife. Many husbands and wives, brothers, sisters, etc., are successfully following a combination course under my guidance. In this way they get just the same satisfactory results that can be earned from two separate courses at a considerable saving. I am sending you detailed information in a personal letter and cordially invite everyone who is interested in my Combination Offer to write me.

R. J. N., Wilmington, Delaware.

**Answer**—You need not sacrifice your Liberty Bond in order to enroll for a Course in Strongfortism. Throwing the bonds on the market at the present low rates, tends to drive the price lower and hurts not only yourself, but thousands of others. If you cannot send the tuition fee now, I suggest that you send me your bond, which I will accept as a deposit at present market value. I will keep it safely for you and start your Course at once. Then you can save up the tuition fee, while you are progressing toward health, strength and vigor and when you have paid the tuition fee in full, your bond will be returned to you.

A. H. T., Springfield, Mass.

**Answer**—The use of dumbbells or some other weights is absolutely essential in the development of health strength and sex efficiency. Pay no attention to fantastic theories based on nonsense. You must provide complete relaxation and contraction of the muscular tissue in order to build health and strength. Therefore you must use dumbbells or other weights to provide resistance to muscle motion. Tensing is very bad. It prevents muscular development, retards circulation and often seriously injures the nervous system. Avoid all methods that are based on violations of Natural Law and Common Sense.



## SEXUAL KNOWLEDGE

Sex links the man who marries to the past and future.  
Every man and woman, boy and girl, should know the truth about Sex.  
You should read that famous book entitled "SEXUAL KNOWLEDGE."

**PARTIAL CONTENTS:**—Sex Problems and Lessons—The Secret of Manhood and Womanhood—How Parents Should Tell Sexual Truths—Lost Manhood—Anatomy and Physiology of the Male and Female Sexual Organs—Virility—Sexual Hygiene—Masturbation—Continence—Venereal Disease—What a Son Should Tell His Father—What a Daughter Should Tell Her Mother—What Fathers and Mothers Should Tell Their Children—Fatherhood—Motherhood—The Evolution of Life—Pregnancy—The Wife—The Mother—The Baby—Birth Control—The Unwed Woman—Menstruation—Sexual Congress—The Menopause—Sexual Hygiene and hundreds of other vitally interesting and important subjects.

A splendid cloth-bound book of 320 pages, well worth \$3.00. While the supply lasts you can get a copy, postpaid, for only \$2.00. Order direct from

**LIONEL STRONGFORT**  
Physical and Health Specialist

NEWARK :: :: :: NEW JERSEY



# PERSONAL OPINIONS OF STRONGFORT PUPILS

**Rupture Has Disappeared, Has Thrown Away Truss.**  
Dear Sir: Milio, Wisconsin.  
I must write and tell you the good news—that my rupture has disappeared. I now ride a bicycle without any trouble and I even jump off the wheel while going at a good rate. Now that my rupture has been cured I have thrown away my truss.

Yours,

J. RADLOFF.

3216 Auer Avenue.

**Bowels Moving Easier and More Regular—Course in Strongfortism Doing Him a Lot of Good.**

Dear Mr. Strongfort: Boyertown, Penn.  
I think the Course in Strongfortism is doing me a lot of good as my bowels are moving easier and more regular. I am beginning to feel stronger and better.

Your pupil,

305 East Third Street.

LE ROY BUSINGER.

**Getting Results, Body and Brain Improved and Nervousness Overcome.**

Dear Mr. Strongfort: Memphis, Tenn.  
I am taking great pains with my work and I follow your instruction to the letter. I can think much clearer than before and I am overcoming the nervousness which used to trouble me. I am getting results.

Your pupil,

190 Bickford Avenue.

ARTHUR P. McVEIGH.

**Constipation Overcome and Is Now on the Road to Recovery, Appreciates Personal Attention.**

Dear Mr. Strongfort: San Francisco, Cal.  
I have received my fifth instructions and I am improving steadily. My bowel movement is regular and normal. I want to thank you for your personal attention as I am now on the road to recovery. Hoping that you are in the best of health.

Your pupil,

177 Noe Street.

ORA McCASLIN.

**Memory and Nerves Much Better—Back-Ache a Thing of the Past.**

Dear Mr. Strongfort: Scott, Ohio.  
I take great pleasure in writing you a few lines in regards to my health. My memory is much better now, and as this was my greatest draw-back I am more than pleased with the course. My nerve trouble and back-aches are things of the past.

Yours truly,

Box 6.

OSCAR STUTTLE.

**Constipation Overcome, Takes Great Pleasure in Living the Strongfort Way.**

Dear Sir: Brooklyn, New York.  
I am glad to say that your course has enabled me to overcome Constipation. The instructions do not become monotonous, in fact, I look forward to doing them nightly with a great deal of pleasure. I am very glad that your course has proven so successful. I am,

Very truly yours,

251 Steuben Street.

J. T. DWYER.

**Colds and Bladder Trouble Gone, Thanks to Strongfortism.**

Dear Mr. Strongfort: Nushek, North Dakota.  
Just a line to tell you of my bettered health condition. The bad Colds which I used to have in my head and the irritation in my bladder have both completely gone. For these changes I thank Strongfortism. I am,

Sincerely,

Station No. 1.

MISS HELEN BUNCH.

**Chest Expansion Increased, Constipation Overcome, and All Muscles Developed.**

Dear Mr. Strongfort: Kamloops, Canada.  
Just a few lines to let you know that I have improved since taking your fine course of instruction. I feel much better in every way. I have increased the expansion of my chest and the muscles all over my body have been greatly developed. Constipation is a thing of the past.

Yours truly,

R. F. D. 4.

E. SARGENT.

**Course in Strongfortism the Best He Has Ever Found, Gained Twenty-One Pounds.**

Dear Mr. Strongfort: Irene, South Dakota.  
I wish to express my thanks to you for all that you have done for me, and to congratulate you on the most wonderful course I have thus far been able to find. My health is greatly improved because I know how to live. At the beginning of your course I weighed 132 pounds but I now tip the scales at 153. Again thanking you, I remain,

Sincerely,

R. F. D. 6.

SPENCER SHAW.

**Feels Full of "Pep," Muscles Are Developing Rapidly, Will Always Be a Student of Strongfortism.**

Dear Mr. Strongfort: Dayton, Ohio.  
I have finished my course of instruction in Strongfortism and it is doing all that you said it would do for me. I feel as fine as silk and am always full of "pep." My muscles are getting firm and are showing signs of development. I have seen my mistakes and have remedied them, and from now on, I will always be a student of Strongfortism.

Respectfully,

400 Washington Street.

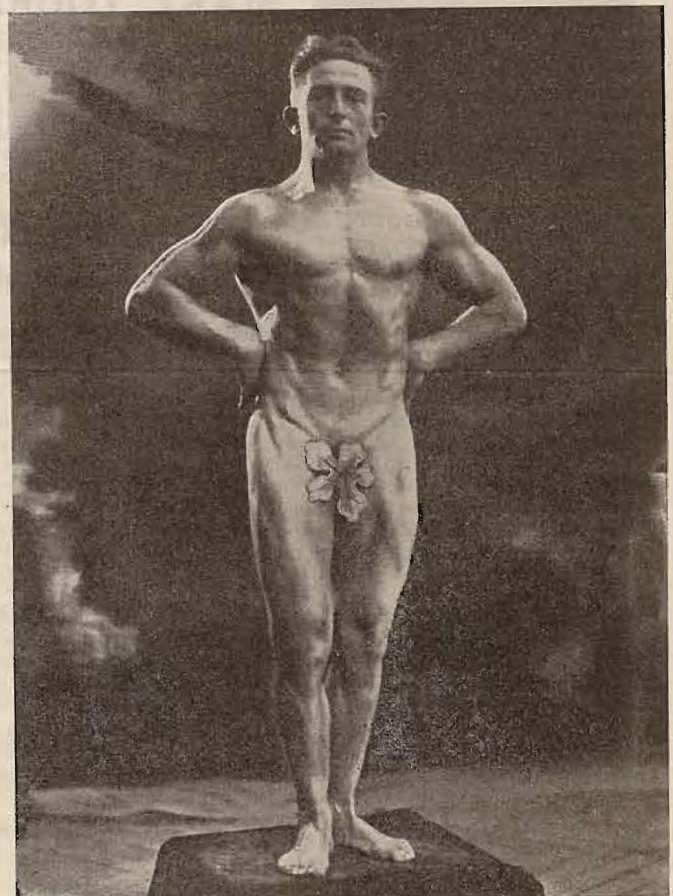
HOWARD FAIRCHILD.

**Gives Credit for His Wonderful Development to His Course in Strongfortism.**

Dear Mr. Strongfort: Aboard the U. S. S. Ohio.  
Knowing how greatly interested you are in your old-time pupils I am giving you a little account of myself. I am now five feet six, weigh one hundred and fifty pounds and am quite a "husk." People ask me how I got such a wonderful development and I refer them to Strongfortism. Everything that I have in the way of good health I attribute to my Course in Strongfortism.

Your pupil,

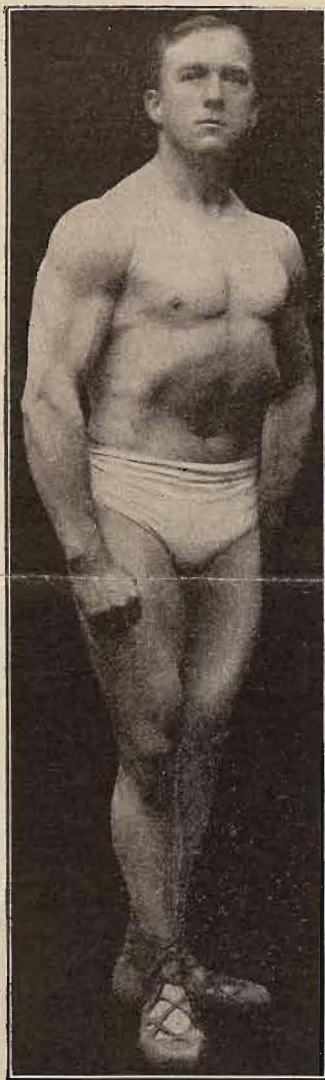
GEORGE THOMAS.



A. G. Spalding, 84 Avon Avenue, Newark, N. J.

69 W. 95th St.  
New York City





## Can You Measure Up to Her Vision of Manhood?

Do you look forward serenely, confidently to the day when you will win the girl you cherish? Do you picture in your day dreams a happy home with a loving wife and healthy children of your own flesh and blood? This is the vision that every man should some day realize, but you may be one of those who has fallen a victim to Youthful Folly, which has undermined your manly powers and made you almost hopeless of ever being physically fit to marry. You hesitate to propose lest you make a miserable mess out of some pure girl's life. You must

## MAKE YOURSELF FIT BEFORE YOU MARRY

It is a crime to marry when you know that you are not physically and mentally fit. You know that you cannot measure up to her vision of Manhood. You must not deceive her. You dare not marry in your present physical condition. If you do, your wedded life will be a miserable failure, your wife's and your own happiness will be blasted and you may beget sickly, defective children that will be a burden and a reproach to you as long as you live. The future looks dark to you, but CHEER UP, my hand is always out to you in friendship. I want to help you. I can help you with

### LIONEL STRONGFORT

"Dr. Sargent, of Harvard, declared that Strongfort is unquestionably the finest specimen of physical development ever seen."

Strongfortism has lifted thousands of weak, ailing, impotent, discouraged men out of the bog of hopelessness and despair and placed them on the Straight Road to Health, Happiness and Prosperity. Strongfortism has aided Nature in overcoming such ailments as Catarrh, Constipation, Indigestion, Rupture, Nervousness, Bad Blood, Poor Memory, Vital Depletion, Impotency, etc., and the results of neglecting and abusing the body. Strongfortism has restored the Manhood they thought lost forever and given them renewed confidence, vitality, ambition, success, and fitted them for the Responsibilities of Marriage and Parenthood. It can do the same for you, irrespective of your age, occupation or surroundings. I guarantee it.

### SEND FOR MY FREE BOOK

The experiences and research of a lifetime are contained in my wonderfully instructive book, "Promotion and Conservation of Health, Strength and Mental Energy." It will tell you frankly how you can make yourself over into a vigorous specimen of Vital Manhood. It will show you how you can fit yourself to be a father and be a credit to your wife and family. It is absolutely free. Just check the subjects on the free consultation coupon on which you want special information and send to me with a ten-cent piece (one dime) to help pay postage, etc. I will do the rest. Send for my free book *Right Now*.

## LIONEL STRONGFORT

PHYSICAL AND HEALTH SPECIALIST

Department 13-E

Newark, New Jersey

## STRONGFORTISM

*The Modern Science of Health Promotion*

### FREE CONSULTATION COUPON

Mr. Lionel Strongfort, Newark, N. J.:—Please send me your book, "Promotion and Conservation of Health, Strength and Mental Energy," for postage on which I enclose a ten-cent piece (one dime). Send me information on the items marked (X). I understand that this does not obligate me.

- |                  |                  |                 |
|------------------|------------------|-----------------|
| ... Colds        | ... Poor Memory  | ... Hay Fever   |
| ... Catarrh      | ... Rheumatism   | ... Pimples and |
| ... Asthma       | ... Falling Hair | ... Blackheads  |
| ... Obesity      | ... Weak Eyes    | ... Lung        |
| ... Headache     | ... Bad Habits   | ... Troubles    |
| ... Thinness     | ... Gastritis    | ... Round       |
| ... Rupture      | ... Heart        | ... Shoulders   |
| ... Lumbago      | ... Weakness     | ... Increased   |
| ... Neuritis     | ... Poor         | ... Height      |
| ... Neuralgia    | ... Circulation  | ... Stoop       |
| ... Flat Chest   | ... Youthful     | ... Shoulders   |
| ... Deformity    | ... Errors       | ... Muscular    |
| (Describe)       | ... Sexual       | ... Develop-    |
| ... Insomnia     | ... Weakness     | ... ment        |
| ... Short Wind   | ... Vital Losses | ... Successful  |
| ... Flat Feet    | ... Impotence    | ... Marriage    |
| ... Stomach      | ... Despondency  | ... Female      |
| Disorders        | ... Vital        | ... Disorders   |
| ... Constipation | ... Depletion    | ... Weak Back   |
| ... Biliousness  | ... Great        | ... Easy        |
| ... Torpid Liver | ... Strength     | ... Childbirth  |
| ... Indigestion  | ... Manhood      | 3-E             |
| ... Nervousness  | ... Restored     |                 |

Name .....  
 Age ..... Occupation .....  
 Street .....  
 City ..... State .....